

Tips To Quit Smoking

Quitting smoking is one of the most important things you will ever do.

Cigarette smoke contains more than 4,000 chemicals,
and 200 of these are poisonous.

Try these tips:

■ Get ready

- Set a quit date.
- Get rid of **ALL** cigarettes, lighters, matches, and ashtrays in your home, car, and place of work.
- Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke—**NOT EVEN A PUFF!**

■ Line up support

- Tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting.

■ Learn new activities

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- Change your routine. Use a different route to work. Drink tea instead of coffee.
- Do something to reduce your stress. Listen to music, talk to your friend, or walk.
- Plan something enjoyable to do every day.
- Drink a lot of water.

■ Use other aids

- Talk to your health care provider. Consider using nicotine patch, nicotine gum, or nicotine spray to help you stay off cigarettes.
- Check with your doctor about a medicine called Bupropion SR to help you reduce the cravings for smoking.

■ Be prepared if you slip

- **Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success.
 - **Other smokers.** Being around smoking can make you want to smoke.
 - **Weight gain.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking.
 - **Bad mood or depression.** There are a lot of ways to improve your mood other than smoking.
 - **Be kind to yourself.** Remind yourself of the reasons you want to quit. Try again.
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Save tobacco for ceremonial use.

Help Your Heart—Stop Smoking



For many Indian people, tobacco is sacred. It is burned for peace or prayer. **Smoking cigarettes is different.** It becomes an addiction that leads to serious health problems. Quitting smoking will lower your risk of heart attack, stroke, and lung disease and help you breathe easier and have more energy.

What's more, your clothes, hair, and breath will smell fresher, and you will save money by not buying cigarettes. Most important, when you quit smoking, your children won't be exposed to your secondhand smoke. They will have your good example to follow.



Quit smoking and add years to your life!



Mike and Sara decided to quit smoking.

Mike made up his mind one morning, threw away his cigarettes, and said, "That's it, no more cigarettes."

Sara used the following three tips and quit too.

1.

Learn how to handle urges to smoke.

"Every time I felt under stress, I wanted to smoke. Instead of smoking, I said a prayer to ask for courage and strength, talked to a friend, or took a nature walk."

2.

Get support.

"I also attended a quit-smoking program in the clinic every Thursday night, and I got a lot of support from my family."

3.

Use the nicotine patch or gum.

"The doctor at the clinic suggested that I use the patch. The patch helped me slow down the urge to smoke."

Break Free From the Smoking Habit

It's not hard to make your house and community smoke free.

Protect your children!

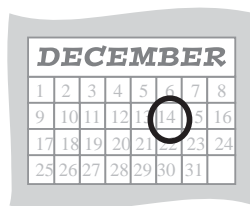
Talk to your children about the harm that smoking will do to their health. Practice with them saying, "No, thanks. I don't smoke cigarettes, spit or chew tobacco."

And if your child smokes, the way you react can make a difference. Let your child know that you really care about them and what happens to them. Listen to their thoughts and feelings. Offer facts that can help them choose good health over smoking.

Make your personal pledge to do what this AI family has done to protect your family from cigarette smoke.

Write the changes you will try to make this week.

Here are some examples:



■ **If you smoke...**

I will set a quit date today. The important thing is for you to pick the date, not your doctor, not your family, not your kids. It's your decision.

■ To help your child stay smoke free —

I will practice with my child saying "NO" to cigarette smoking, chewing, or spitting tobacco.



**■ To protect your family, friends,
and others from a smoker —**

I will let my family, friends, and others know that I mind if they smoke. I will put a "Nonsmoking" sticker or sign in my house and car.

■ To help your community —

I will ask my tribe to adopt a "No Smoking" resolution.

Write the changes you will try to make this week.

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Live healthy, live longer, and live stronger!